

Section B: Short Answer (30 marks)

Answer TWO questions from the five below. Each question is worth 15 marks. Write your answers in the answer booklet provided.

Q1. Choose ONE condition covered in this module.

- a) In your own words, explain what the condition is and what causes it. [8 marks]
- b) Explain what happens in the body as a result of this condition. [7 marks]

Q2. Choose ONE condition covered in this module.

- a) Identify one risk factor that can be changed (modifiable) and explain how it increases the risk of developing that condition. [8 marks]
- b) Identify one risk factor that cannot be changed (non-modifiable) and explain how it increases the risk of developing that condition. [7 marks]

Q3. Choose ONE condition covered in this module.

- a) Explain how this condition can increase the risk of developing a condition in a different body system, and describe how this happens. [8 marks]
- b) Explain how living with more than one condition can affect a person's quality of life. [7 marks]

Q4. Autoimmune diseases are conditions where the immune system attacks the body's own healthy tissue.

- a) Choose ONE autoimmune condition from this module. Explain what part of the body the immune system attacks and what effect this has. [8 marks]
- b) Choose a SECOND autoimmune condition from a different week of the module. Explain what part of the body the immune system attacks and what effect this has. [7 marks]

Q5. Choose ONE condition from this module that is relevant to your programme of study (Nutrition, Sports Therapy, or Exercise Science).

- a) Explain how the condition can be managed through lifestyle, nutrition, or exercise approaches. [8 marks]
- b) Explain why understanding this condition matters for your future professional practice. [7 marks]

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